

Positive Psychotherapy Techniques for Self-Discovery

Gabriela HUM, Mihaela BOUTIERE

“People often say that this
or that person has not yet
found himself. But the self
is not something one
finds, it is something one
creates” ~

Thomas Szasz, "Personal
Conduct," *The Second
Sin*, 1973



Self-discovery:

- a process when, one understands the very core of his/her own identity.



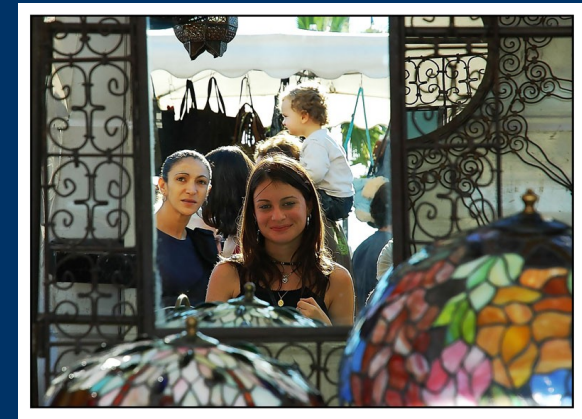
- during this process people come the closest to knowing themselves objectively.

- during self-discovery people start to know, to understand and to work on their self-concept.



Self-concept:

- is the mental and conceptual awareness and persistent regard that sentient beings hold with regard to their own being.



Components of a being's self-concept include:

- physical
- psychological
- social attributes
- and can be influenced by its attitudes, habits, beliefs and ideas.



Self-concept:

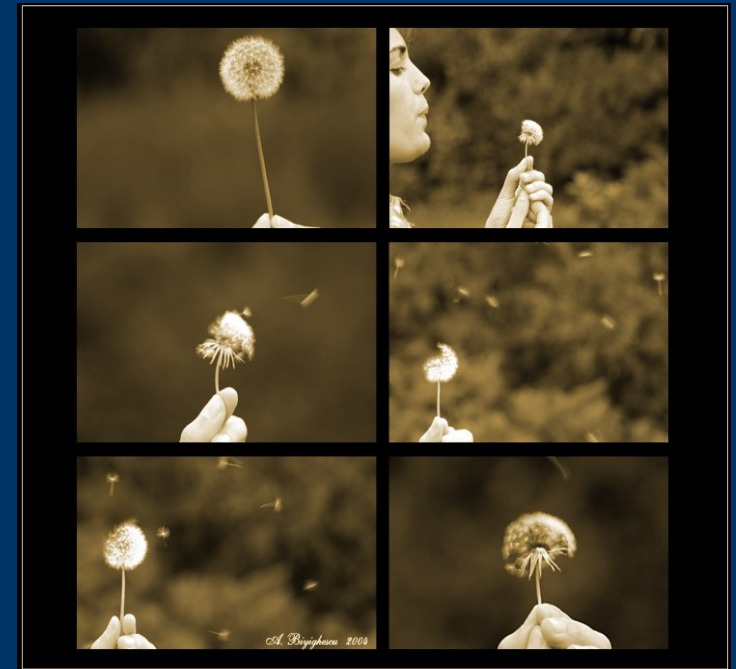
(1) is learned

(2) is organized

(3) is dynamic



- Because **self-concept** is dynamic, it is changeable and its development is a continuous process.



- **Self-discovery** process helps people to develop their potentials.

BODY / SENSES

The shadow

Paint your body

Emotion expression (masks)

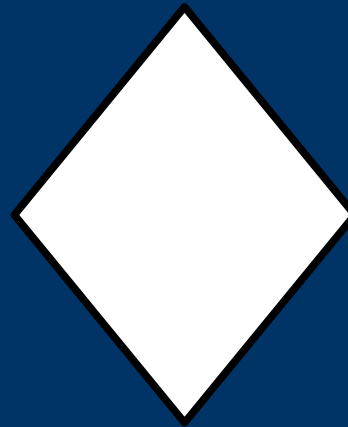
Pop the balloons

FUTURE / FANTASY

Hammer or nail

Imagine a trip

The landscape



ACHIEVEMENT

The sculpture

Interview for actors

The cubs

RELATIONS

Sociometry

Acting dreams

Place unde sunday

The ideal world

